

# January 2005 Calendar

**Please Note:** Ending dates PARKS/REC activities are indicated with an (\*). To find about other adult programs being offered, please call the Parks Department at 508-841-8503, for information on registration dates.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**3**  
9:30: Piecemakers  
11-1:00: SSC Club:  
11:30: Whist  
12:00: Bridge Lessons:  
Intermediate & Advanced  
12:30: Bridge

**Peppered Beef Steak**

**4**  
**Trip: Xmas Tree Shop**  
10-11:00: Senior Line Dance\*  
10-12:00: Independent Artists  
Noon: Painting with Elaine  
3:15pm: Tai Chi Advanced\*  
4:00pm: Tai Chi Beginners\*

**Pork Stir Fry**

**5**  
9:30 -10:30: Fitness & Nutrition\*  
11:00: Yoga  
12:30: Bridge  
1- 3:00: Whist  
1-2:00: Pilates  
2:15-3:15: Chair Pilates

**Beef Ziti Bake**

**6**  
9:00am Men's Group  
10-12:00 **Acrylic Painting \***  
1:00: Pitch

**Chicken Mornay**

**7**  
9:30: Writer's Workshop  
10:00: Cribbage  
1- 3:00: Busy Hands

**Chicken Croquettes**

**10**  
9:30: Piecemakers  
10-12:00: **Free Legal Clinic**  
**With Chris Mehne**  
11-1:00: SSC Club  
11:30: Whist  
12:30: Bridge

**Chicken Teriyaki**

**11 Trip: Solomon Pond**  
10-11:00 Senior Line Dance\*  
10-12:00: Independent Artists  
*10:00: Spinal Screening*  
*1:00: Hearing Screening*  
Noon: Painting with Elaine  
3:15pm: Tai Chi Advanced\*  
4:00pm: Tai Chi Beginner's\*

**Seafood Newburg**

**12**  
9:30 -10:30 Fitness & Nutrition\*  
**10-noon: COA Board Meeting**  
11:00: Yoga  
12:30: Bridge  
1-3:00: Whist  
1-2:00: Pilates  
2:15-3:15: Chair Pilates

**Beef Stroganoff**

**13**  
9:00: Men's Group  
1:00: Pitch

**Salmon Boat**

**14**  
**9-10:30: Rep. Polito**  
**Office Hours**  
9:30: Writer's Workshop  
10:00: Cribbage  
1- 3:00: Busy Hands

**Shepherd's Pie**

**17**  
**Martin Luther King Day**  
**All Municipal Offices**  
**Closed**  
**No Meal Served**

**18 Trip: Greendale Mall**  
10-11:00 Senior Line Dance  
10-12:00 Independent Artists  
Noon: Painting with Elaine  
10-11:00 Senior Line Dance\*  
3:15pm: Tai Chi Advanced\*  
4:00pm: Tai Chi Beginner's\*  
*1:00: Friends of the Shrewsbury Senior*  
*Center, Inc.*  
**Chicken Cantonese**

**19**  
9:30 - 10:30 Fitness & Nutrition\*  
11:00: Yoga  
**11:00: Blood Pressure Screening**  
12:30: Bridge/1-3:00: Whist  
1-2:00: Pilates  
2:15-3:15: Chair Pilates  
**Liver & Onions w. Gravy**

**20**  
9:00: Men's Group  
1:00: Pitch  
**1-3:00: Free Financial Clinic**  
**with Cliff Jefferson**  
**Veal Parmesan**

**21**  
9:30: Writer's Workshop  
10:00: Cribbage  
**11:30: Lunch and Movie**  
1- 3:00: Busy Hands  
**Meatball Burgundy**

**24**  
9:30: Piecemakers  
11-1:00: SSC Club  
11:30: Whist  
12:30: Bridge

**Scalloped Chicken**

**25 Trip: Target**  
10 - 11:00 Senior Line Dance\*  
10:00: Independent Artists  
Noon: Painting with Elaine  
3:15pm: Tai Chi Advanced\*  
4:00pm: Tai Chi Beginner's\*

**Stuffed Cabbage**

**26**  
9:30 -10:30: Fitness & Nutrition\*  
11:00: Yoga  
12:30: Bridge  
1-2:00: Pilates  
1-3:00 Whist  
2:15-3:15: Chair Pilates  
**Meatloaf w. Gravy**

**27**  
9:00: Men's Group  
1:00: Pitch

**Chicken Divan**

**28**  
9:30: Writer's Workshop  
10:00: Cribbage  
1-3:00pm: Busy Hands  
**Newsletter mailing**

**Macaroni & Cheese**

**31**  
9:30: Piecemakers  
11-1:00: SSC Club  
11:30: Whist  
12:30: Bidge

**Hearty Beef Stew**

**PLEASE NOTE:** All *special* monthly activities, meetings and screenings *appear in italics* on the Calendar.

**Call the Senior Center at 841-8640 to sign up**  
**for screenings, clinics and special events.**  
*The entrée at the Village Café is listed each day. Please*  
*call the Café Office at 508-841-8757 the business morning*  
*before to reserve your seat.*

**Happy New Year!**

*Wishing you a year of good*  
*health and happiness*  
*from all of us at the*  
*Senior Center*

